



Preventing Bullies in Middle and High School

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What is definition of bullying?

Bullying occurs when a child or group of children, are mean and hostile to a friend who is unable to defend themselves. Bullying can be in form of verbal, physical or emotional abuse. A main feature of bully is his or her need to gain control over others. The bullies can gain control over others through physical threats, verbal teasing and abuse. There are 4 specific types of bullies:

1. Physical Bullies usually hit, kick or fight with victim,
2. Verbal bullies try to harm others by making nasty comments, name calling or using bad words.
3. Relational bullies often focus on excluding one person from their peer group by spreading rumors or verbal threats.
4. Reactive bullies are often those who are victims as well bullies.

Researchers have proved the facts that bullying is more prevalent in boys than girls in the United States and other countries.

Incidence of Bullying in the United States and Third World Countries

While the incidence of bullying has been reported from Norway, Australia England the recent statistic shows that United States has been reporting the incidence more and more. Further reported incidences prove the fact that more bullying has been reported in rural areas than in suburbs. In a National study of 15,686 students in grade 6 through 10, Nansel and associates (2001) reported nearly 30% of students had involvement with bullying. The Hispanic students are more

involved than the white, African Americans have higher incidence. Poor academic achievement and poorer perceived school climates also play a major role among the bullies and victims.

Cyberbullying among teens and adolescents

The cyberbullying and online harassment are very dangerous behaviors with sad consequences. Such as severe depression, drugs, alcohol use and suicide attempts. According to another study, nearly 160,000 students annually drop out of the school program every year due to cyberbullying. According to the national bullying prevention center, bullying in the form of verbal or physical abuse has now advanced due to technology such as texting, cell phones, emailing, and social media has now moved to online world.

Prevention of cyberbullying world wide

Many of the warning signs derive from the child's use of their device. Some warning signs that a child might be involved in cyberbullying are:

- Increased use of cell phones and texting
- Child is emotionally unstable like throwing tempers, refusing to study or do his homework
- A child exhibits emotional responses (laughter, anger, upset) to what is happening on their device.
- A child hides their screen when others are near, and avoids discussing what they are doing on their device
- Social media accounts parents are aware of disappear, or new ones appear

- A child starts to avoid social situations, including ones they once enjoyed. Refuses to spend time with parents and relatives and his school grades are falling.
- A child becomes withdrawn or depressed, and has a general loss of interest

What to Do When Cyberbullying Happens

If you notice some of the previously mentioned warning signs, be aware, and take steps to prevent these behaviors. Cyberbullying is a form of bullying, and adults should address it in the same manner. Parents should support the child being bullied, address the bullying behavior, and show children that cyberbullying is taken seriously. Because cyberbullying happens online, unlike verbal bullying, responding to it calls for different action. Here are some of the actions that can be taken if you suspect the cyberbullying:

- Notice the behaviors – Recognize changes in mood or behavior. Determine if these changes happen when the child uses their devices. And talk to them about what is happening.

- Document the behaviors – Keep a record of what is happening. Take screenshots or document harmful posts. Most laws and policies note that bullying is a repeated behavior, records help with documentation of these events.

- Report – Social media platforms and schools have clear rules about bullying. If you are aware of cyberbullying, report it. You can also contact app or social media platforms and have it removed. If a child is being threatened, or if crime is potential, contact the police.

- Support – Sometimes other individuals interfere with the policies set in place, and this can be negative or positive. This can include posting positive comments about the person targeted with bullying to try to shift the conversation in a positive direction. It can also help to reach out to the child who is bullying and the target of the bullying to express your concern. Try to determine if professional support is needed for those involved. Parents and Family support play a very important role in proper nurturing their children and adolescents.

The Characteristics of Bullies

Bullies are very aggressive, usually strong and well-built and think a lot about themselves. They come from a family where there are lots of fight and disputes, alcoholic parents, with use of alcohol and drugs. Bullies might have poor school performance and always try to get whatever they want. Furthermore, they might be extensively involved with group of similar friends as well texting and emailing continuously.



Characteristics of Victims

They are more sensitive, socially withdrawn, quiet and passive. They also might suffer from anxiety and depression. They might be ashamed to talk to others regarding their abuse.

School Based Programs

Raising awareness of bullying through school assemblies, parent teachers meetings, parent teacher organization, teach anger controls and proper supervision of students at school. Schools also provide counselors to deal with bullying.

The Roles of Schools in Preventing Bullying

Schools play a significant role in the prevention of bullying because most incidences happen at school grounds, during recess, in locker rooms or bathrooms and sports field.